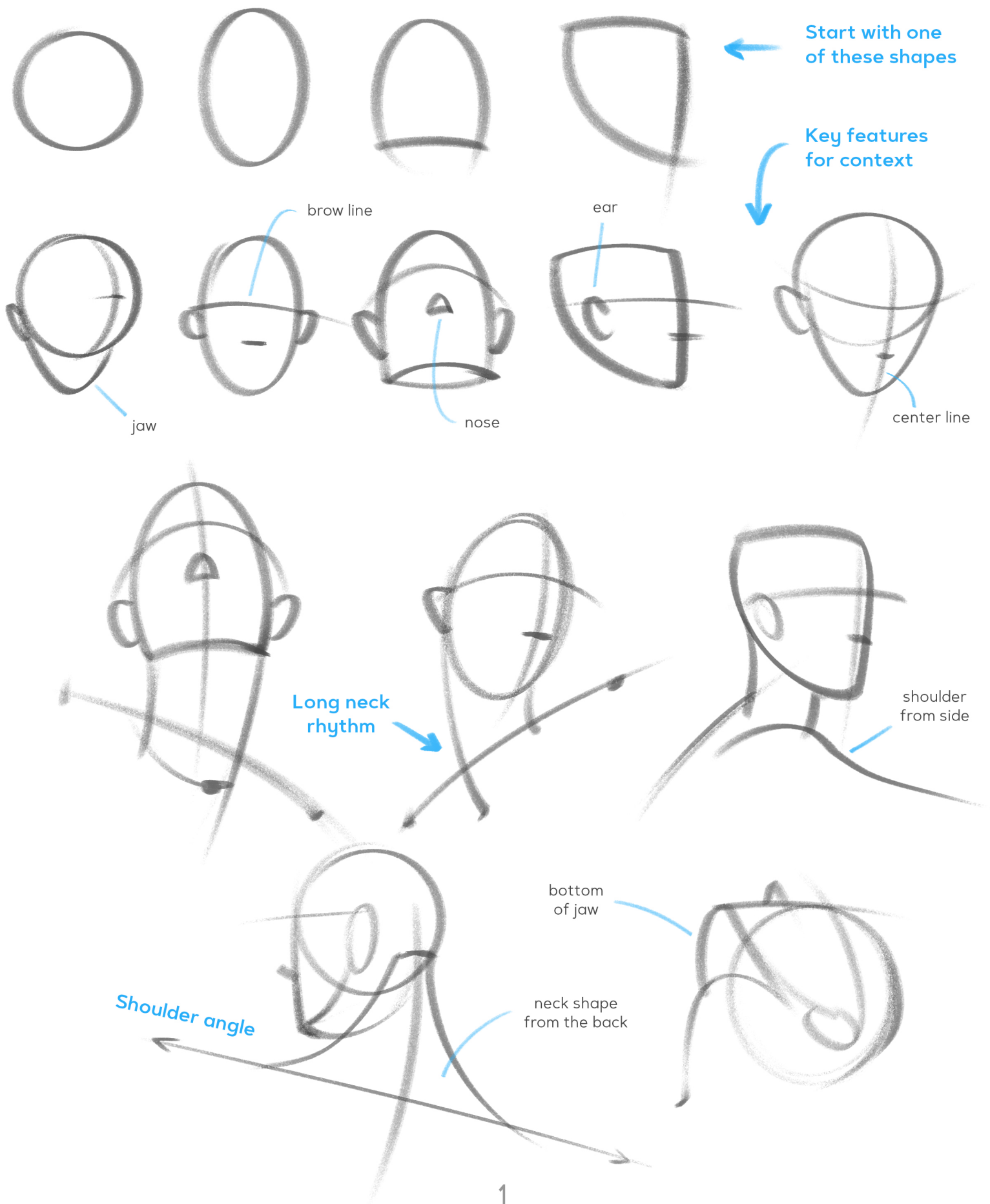


Proko

Rhythms

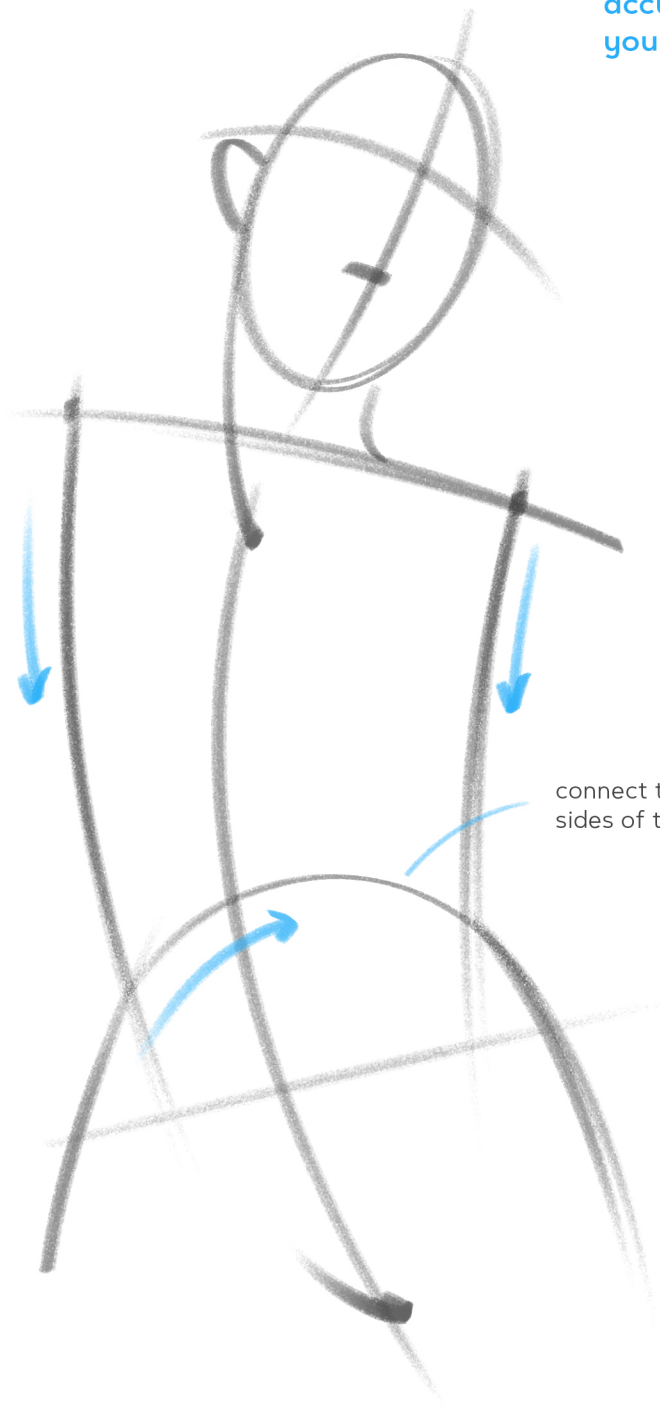


Head, Neck, Shoulders

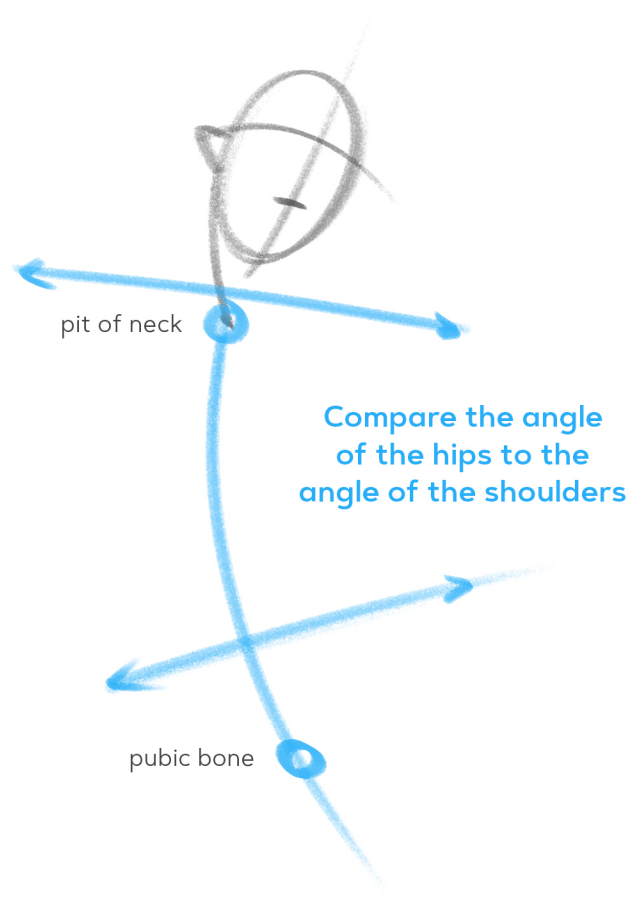


Front Torso

Find the center line from the pit of the neck. For more accurate proportions, know where your line will end before you draw it.



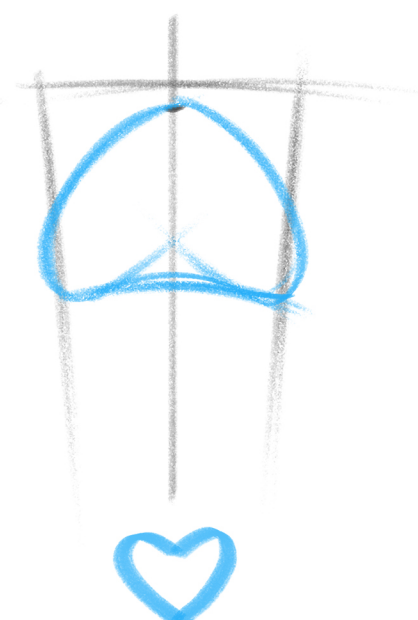
From the shoulders, drop two vertical rhythms down to the hips indicating the sides of the rib cage and waist. Look for any subtle curvature to show motion.



Pecs
boxy



Breasts
upside down heart



Side & Back Torso

When there's an extreme twist or bend, you might see the centerline on both sides

The spine makes a wonderful centerline

Look for rhythms that can support the center line

The centerline being pushed to opposite sides on top and bottom indicate a twist of the torso

If possible, extend leg rhythms from torso rhythms to keep them flowing and connected

Leg Side

S curve down the front

aggressive curve

straighter subtle curve

to the toes

Very aggressive curve **can** look good, but be careful.. It might break the bones, causing noodle leg syndrum!

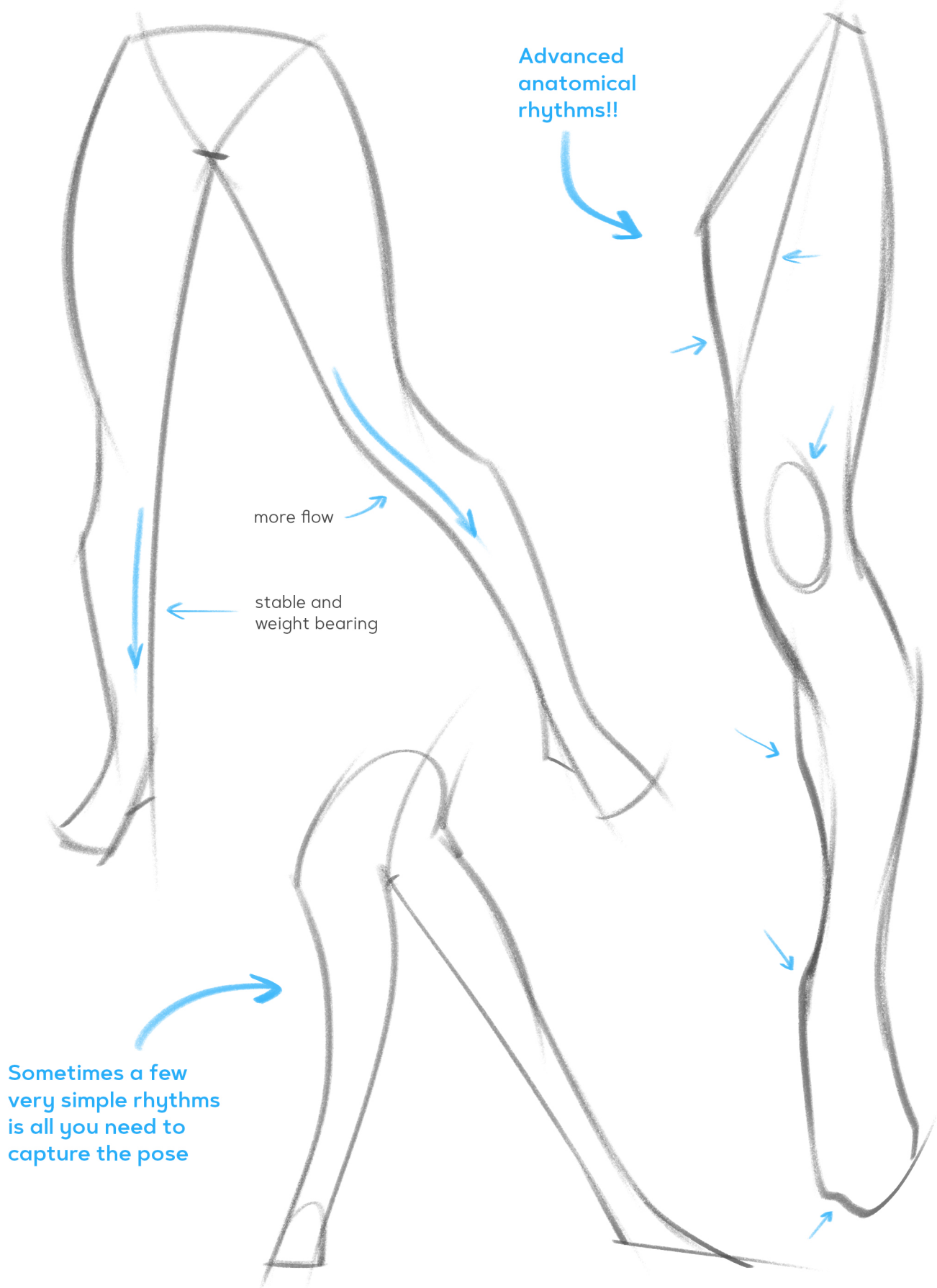
I usually don't curve the shin past the hamstring

corners and overlaps show more structure in the joints

AAH! Symmetrical curves have no flow!

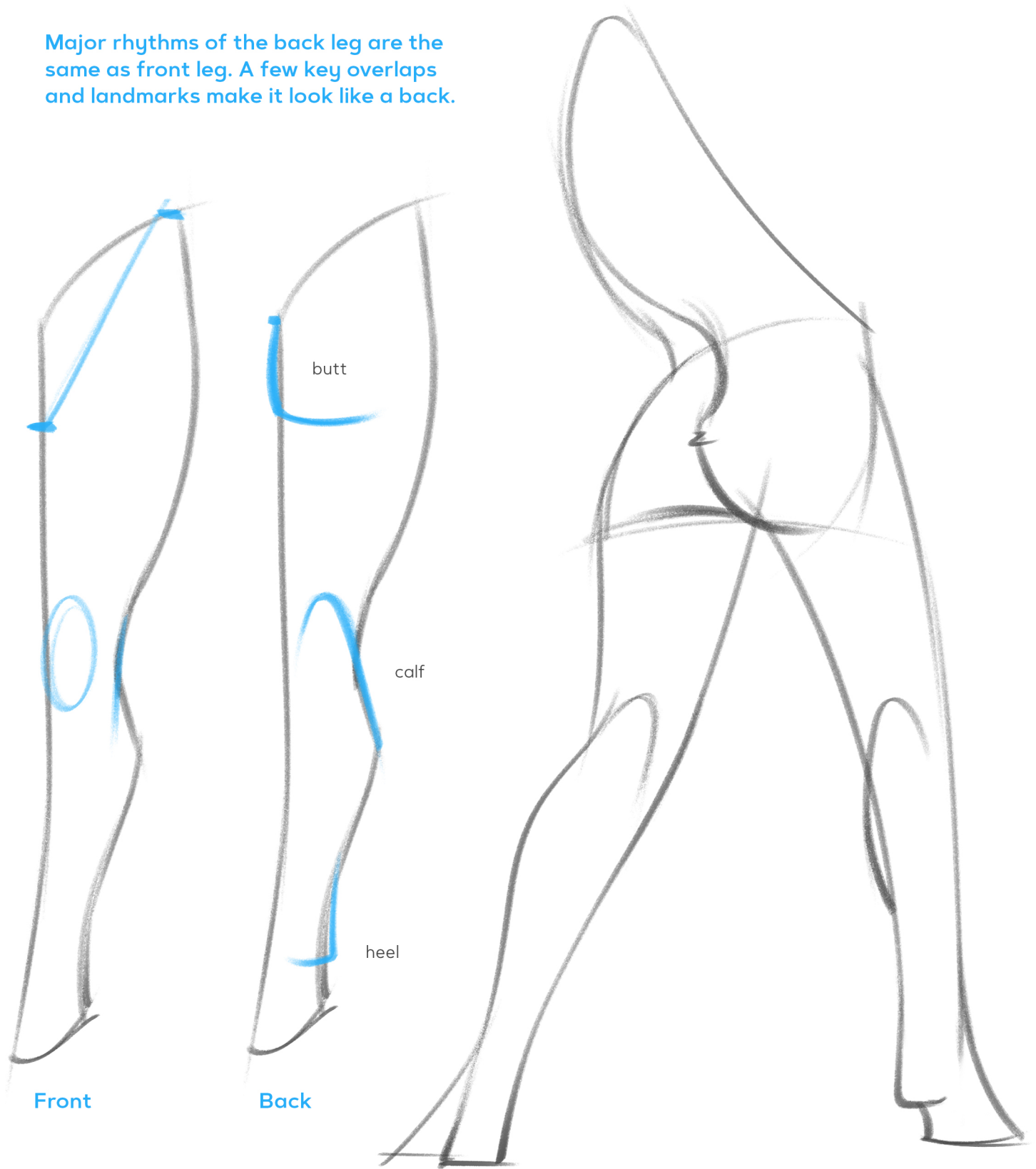
curves through the joints show more gesture, but less structure

Leg Front

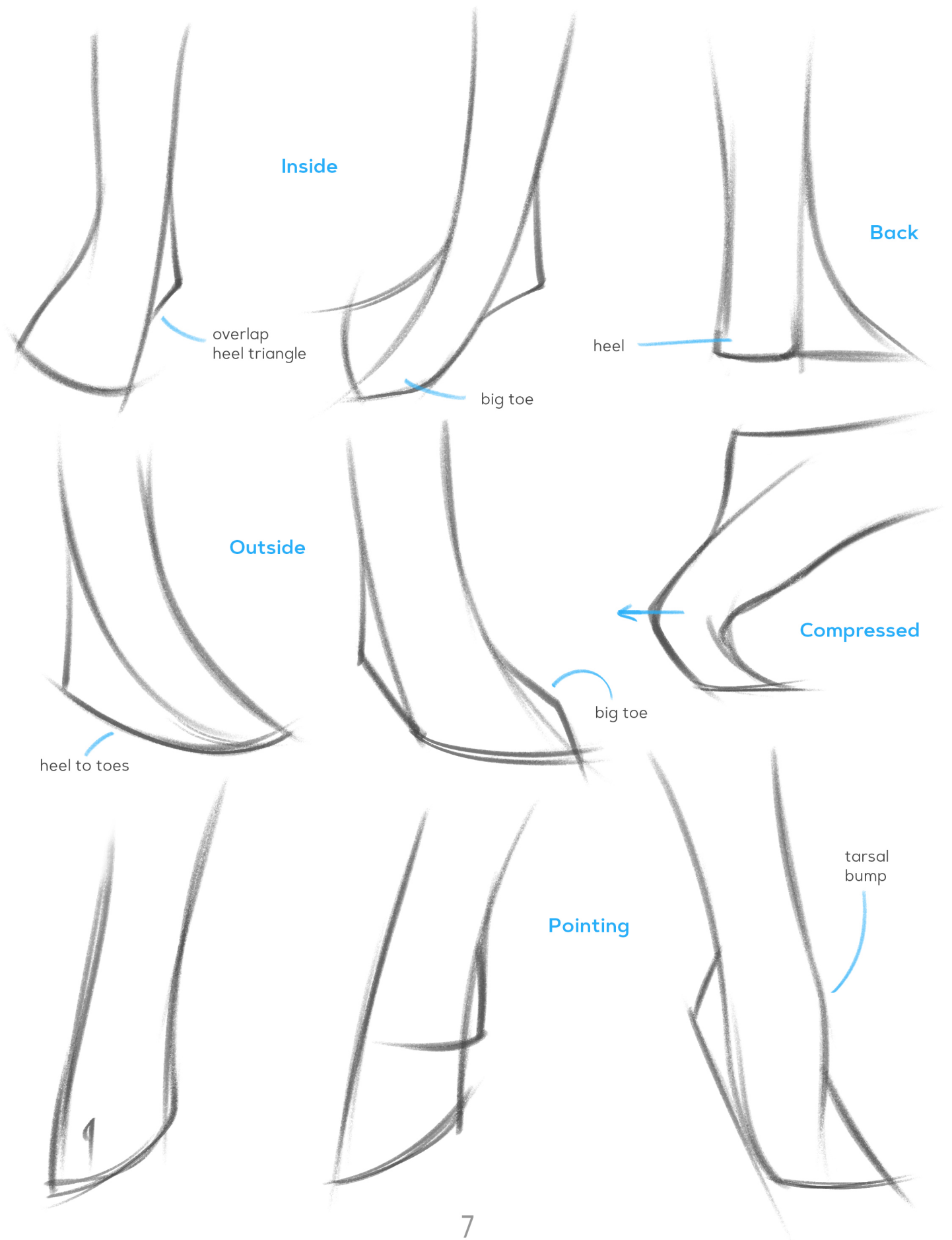


Leg Back

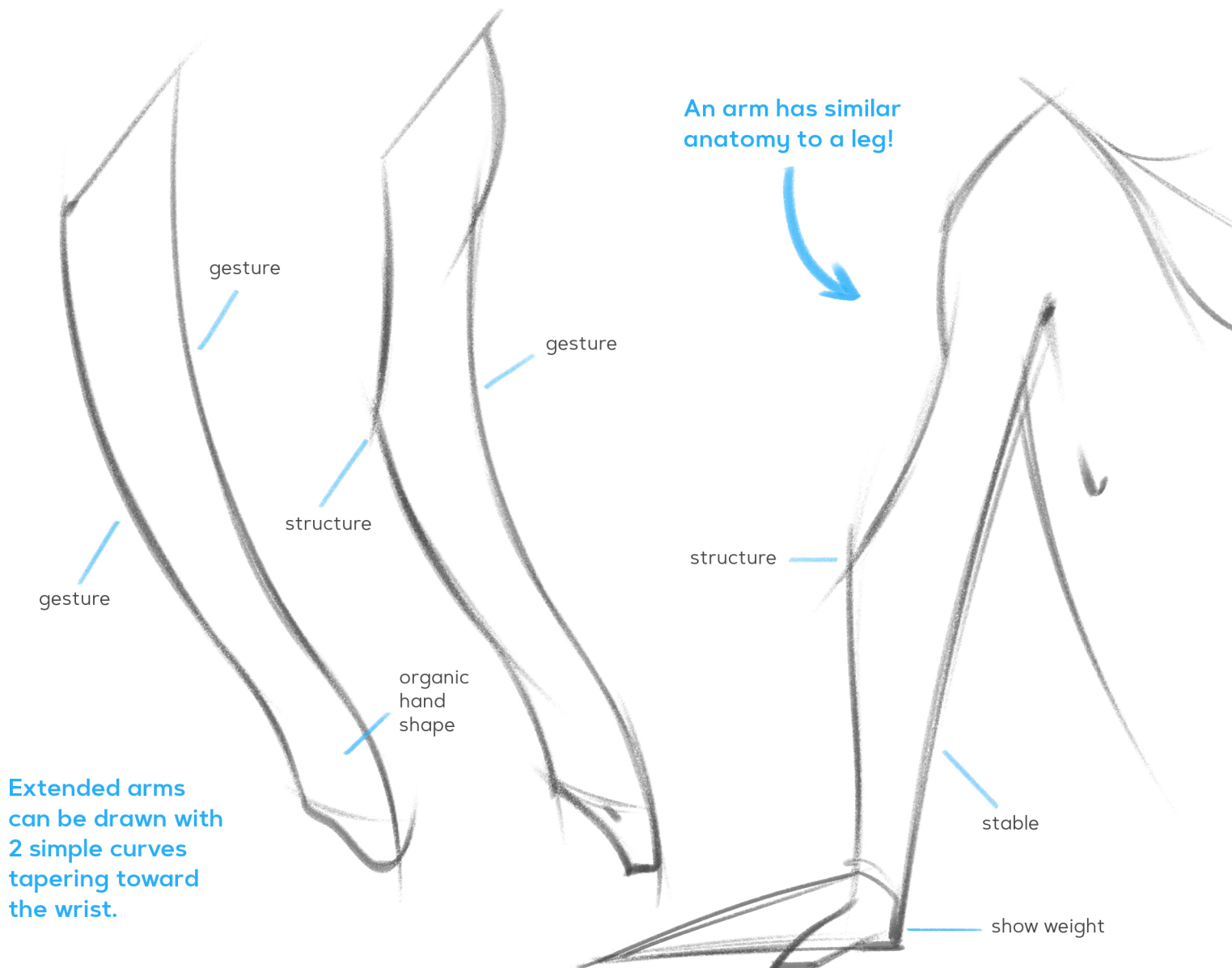
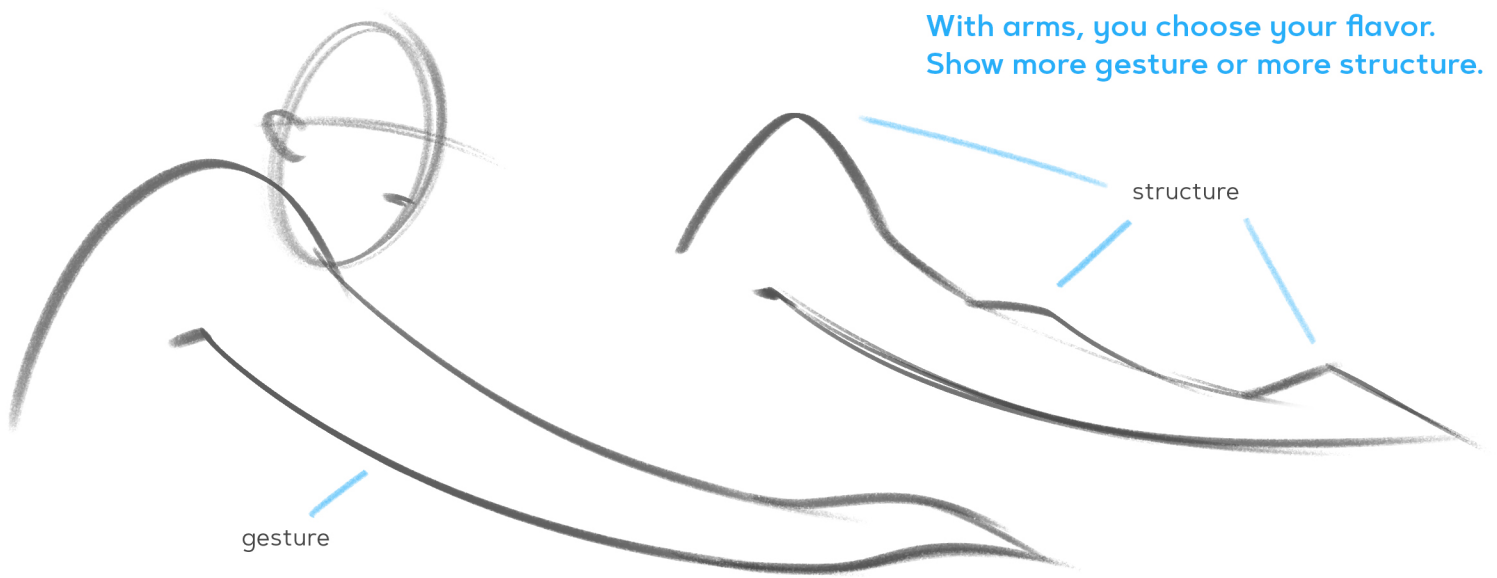
Major rhythms of the back leg are the same as front leg. A few key overlaps and landmarks make it look like a back.



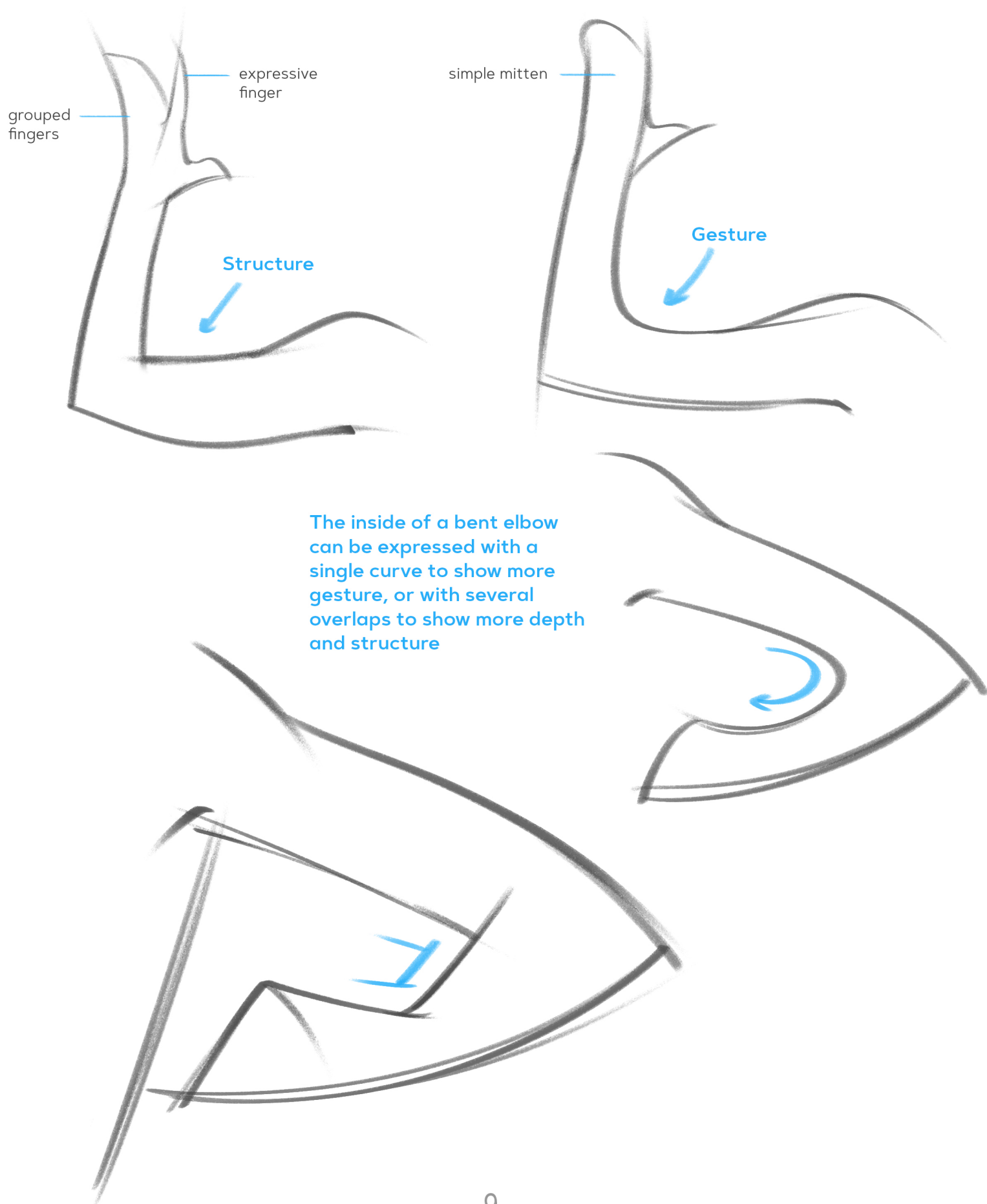
Feet



Extended Arms



Bent Elbow



Pose Example



Pose Example



Pose Example



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**Tanx for
Readin'**

